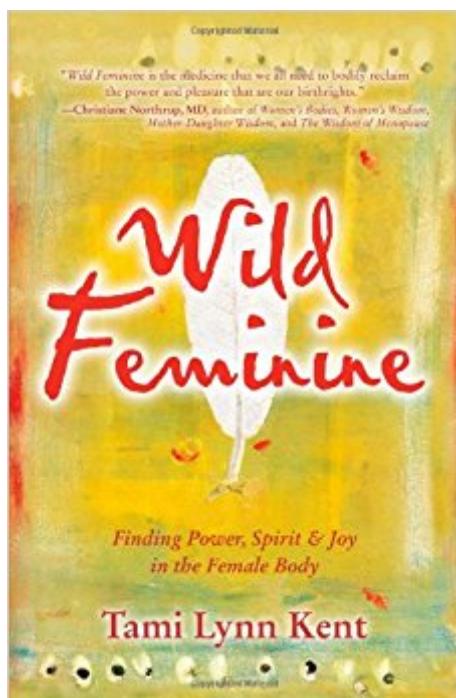


The book was found

Wild Feminine: Finding Power, Spirit & Joy In The Female Body



Synopsis

Wild Feminine invites every woman to journey deep into the heart of her female body, to her root place, and the center of all womanhood. Through stories, visualizations, and creative exercises, the wisdom arising from the female body has been distilled as never before into this guide to nurturing, healing, and exploring the feminine nature. *Wild Feminine: Finding Power, Spirit, & Joy in the Female Body* offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and to understanding its connection to creative energy flow. By restoring physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the female body. Wild Feminine reveals the amazing potential of the female body: the potential to create, to heal, and to transform the energy of a woman's everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. Wild Feminine gives you the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center.

Book Information

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Customer Reviews

Holistic women's healthcare provider and Holistic Pelvic Care founder Kent offers a groundbreaking yet practical mapping of the female energy system with her first book. In a world in which women are notably absent in "all things worthy of study," Kent argues for the importance of exploring the base of female power. Holistic Pelvic Care was created to help women return to their roots and resolve childbirth trauma, sexual trauma, stress, and other issues. Kent believes that women, using her methods, can access the heart of the feminine, reclaim their sacred selves, and heal. She offers exercises to assess levels of spiritual wholeness, and includes detailed instruction on self-administered pelvic care, which she believes helps women to re-embody the feminine. In her book, Kent proceeds with a solidly New Age vibe, which some readers may mistake for a lack of substance or depth; the focus here is on releasing negative energies from "the pelvic bowl" through self-awareness, breathing, and vaginal massage, which in Kent's practice has yielded positive effects for her clients. Leaders in the alternative women's health movement have already embraced Kent's teachings wholeheartedly, and many readers are sure to follow suit. (c) Copyright PWxyz, LLC. All rights reserved.

Physical therapist Kent, founder of Holistic Health Care, wants to restore a sense of the sacred at each woman's core. This pelvis-centered self-care book that's both a health and a spiritual guide helps women find and use the spirit in our wombs—that is, in the pelvic root of the body that opens us to spirit. This focus, Kent believes, can help women understand their personal relationships with the wild feminine—as they reclaim the wild energy within. Medical practices, including organ-alignment techniques, along with visualization and body-awareness exercises to restore balance and energy-flow to the pelvic bowl are essential to easing the conflicts women face in a man's world, Kent claims. She also offers exercises and advice for the development of individual energy pathways to reinforce core radiance and suggests starting a wild feminine book club. --Whitney Scott

I absolutely adore this book. Tami Kent offers women a practical, holistic, and revolutionary way to make over their relationship with body, mind and soul. This book is one of the first places I've seen discuss how Kegels alone are insufficient for a woman's pelvic health, and how vital it is to relax those muscles. This is especially crucial for women having common symptoms of imbalance that

are either ignored or worsened by Kegels until women are recommended surgery for prolapse of some sort. Wild Feminine also discusses the connection between the emotional and physical body, and how women can reclaim their creativity, power, and energy by listening to their bodies. It's definitely challenging work, but Kent's passion for this topic is very inspiring. Especially the personal stories she includes about the women from her practise who have resolved their own health/life issues with these tools. Basically, this book teaches women how to value their bodies, and how our voice and decisions impact our health. And if women learned this as teens, imagine the change we could all see in how our daughters handle men, childbirth, careers and stress. I really can't say enough about how incredible this book is, and how thankful I am to have found it.

This book was such a surprise to me. It explained so many things, let me say, for example, familial energy patterns that seem limiting but inescapable. The author's ideas of how to acknowledge and integrate your feminine center into a way of being that is a truly nurturing, dynamic and sustaining force in one's life are invaluable to me. I think both the author and her book are amazing and I am very grateful.

Arrived in great condition from seller at a great price. Already affecting y life in a positive way. Wonderful to know there are empowered women like Tami Lynn Kent out there making a difference in the lives of women by reconnecting them to their beautiful bodies!

This is one of the best books available to help women cultivate deeper health and connection. I love all of the beautiful meditations, stories and heartfelt text. I feel more rooted and grounded in my own being every time I engage with this book and Tami's healing modalities. Love Love Love this book!

Beautiful book for helping woman to reclaim their divine feminine nature. The techniques Kent recommends are very honoring and healing for the female body. I recommend this book to all my clients now who have any type of lower chakra imbalance, including infertility issues, sexual blocks or wounds, pelvic distortions, menopause, gynecological challenges, etc.

This is the most empowering book I have read in a long time. It explains the value in being both a woman and feminine. It teaches you to live from your head and from your heart. A must read. I work with women as a health educator and this has become my number one recommended read.

Havent finished the book yet. So far very valuable and comprehensive information read about the feminine and her relation to inner and outer world.

If there was one book I could recommend to all the women in the world, it would be this book.

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